

# Chocolate Chia Seed Pudding

Makes: 4 servings

## Ingredients

- 2 ½ cups almond or low fat milk
- 4 tsp Xylitol
- ¼ cups dark unsweetened cocoa powder
- ½ cup chia seeds (whole)
- ½ teaspoon vanilla extract (optional)



## Instructions

Pour milk, Xylitol, vanilla extract and cocoa powder into a small bowl.

Mix with a fork until or blender until well combined.

Stir in chia seeds, then stir every 5 minutes for the next 15 minutes to ensure they don't sink to the bottom.

Cover and refrigerate for at least an hour.

If desired, beat the pudding with an electric mixer for a lighter texture.

## Nutrition information:

Each Serving: 1 cup

Kcal	151
Fat	2g
Net Carbs	4g
Protein	8g

### CHIA SEEDS BENEFITS

Chia seeds are nature's wonder food, charged with many nutrients. Have chia in the morning in a glass of water before breakfast. Soak them to make chia gel and use it to replace butter. Try our delicious Chia Pudding recipe - available on our website.

- Vegan
- Great source of fibre
- Full of anti-oxidants
- Weight loss (cuts cravings for food)
- Balances blood sugar
- Gluten free
- Rich in omega-3
- Rich in protein
- Rich in anti-oxidants
- Gives sustainable energy
- Anti-aging (healthy skin, hair and nails)
- 3 times more iron than spinach
- 5 times more calcium than milk
- 7 times more vitamin C than oranges
- 15 times more magnesium than broccoli
- Chia gel can replace butter and eggs when baking
- Frugal food - they're cost effective
- Have no flavour, but magnify the taste of what they're added to

